



Tree Nut Allergies

How to Read a Label for a Tree Nut-Free Diet

Avoid foods that contain nuts or any of these ingredients:

Almonds
Brazil nuts
Cashews
Chestnuts
Filbert/hazelnuts
Gianduja (a creamy mixture of chocolate and chopped toasted nuts found in premium and imported chocolate)
Hickory nuts
Macadamia nuts
Marzipan/almond paste
Nougat
Nu-nuts® artificial nuts
Nut butters (cashew, almond, etc.)
Nut oil
Nut paste
Pecans (Mashuga nuts)
Pine nuts (pinyon nuts)
Pistachios
Walnuts

Keep the following in mind:

-Artificial nuts can be peanuts that have been deflavored and reflavored with a nut like pecan or walnut.
-Filberts are also hazelnuts.
-Avoid natural extracts i.e. pure almond extract, use imitation or artificial flavored extracts.
-Tree nuts have been used in many foods including barbeque sauce, cereals, crackers, and ice cream.